

# FRONT & CENTER

Providing News to Our Veterans

October 2011



## GET SCREENED

Judy Ann Bellefleur retired from the Army after 23 years of service and a tour in Iraq. She was looking forward to civilian life and retirement; instead, she had to clear her calendar for chemotherapy. Judy Ann was diagnosed with breast cancer in 2008, the most common cancer among women in the U.S., other than skin cancer. Breast cancer is the second leading cause of cancer death in women, after lung cancer.

Since being diagnosed, Judy Ann has undergone six rounds of chemo, surgery, and radiation. Currently there are more than 2½ million breast cancer survivors in the U.S.; Judy Ann is one of them! She is in remission, but requires regular check-ups and different medications.

“Prior to medically transferring to the VA, I met with VA Butler’s OEF/OIF Case Manager and he explained how the system worked and what would be happening with my care since I was already being treated at a local cancer center,” said Judy Ann. “Later, I was assigned to VA Butler’s Women Veterans Program Manager. The VA staff made the overall transition seamless for me, and my care here has been exceptional.”

VA Butler’s goal is to reach every woman Veteran and provide them with exceptional care. We provide comprehensive health

care services specific to women Veterans’ needs – complete woman care – including gynecology, maternity care, mammography, and bone density testing and treatment. We also coordinate support services for women Veterans including medical treatment, parenting and caregiver issues, mental health care, violence and abuse counseling, and military sexual trauma counseling. For more information contact the Women Veterans Program Manager at 724.285.2756.

*Did you know? October is National Breast Cancer Awareness Month. Getting regular check-ups and screenings improves the chances that breast cancer is found at an early stage and treated with success. “Pay attention to your body and all of the changes it undergoes...” said Judy Ann. “Keep your doctor up to date with any changes or concerns you have. It just may save your life!”*

“The VA staff made the overall transition seamless for me, and my care here has been exceptional.” Judy Ann Bellefleur

## THIS MONTH IN HISTORY...OCTOBER

- 4** The Space Age begins as the Russians launch the first satellite into orbit – this results in U.S. efforts to be the first on the moon (1957)
- 12** After a 33-day voyage, Christopher Columbus makes his first landfall in the New World (1492)
- 13** The U.S. Navy is established after the Second Continental Congress authorizes the acquisition of a fleet of ships (1775)
- 14** U.S. Air Force Captain Chuck Yeager becomes the first man to break the sound barrier, flying in a rocket-powered research aircraft (1947)
- 17-25** The Battle of Leyte Gulf, the largest naval battle in history, takes place off the Philippine Islands during World War II in the Pacific (1944)



*Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. Talk to your VA doctor about getting screened today!*

[www.prevention.va.gov](http://www.prevention.va.gov)





## OVERCOMING MENTAL ILLNESS

**M**ental Illness Awareness Week is October 2-8. Take the opportunity this week to learn more about mental illnesses. Mental illnesses are medical illnesses. One in four adults experiences a mental health problem in any given year. One in 17 lives with serious, chronic illness. Help us reduce the stigma of mental illness.

On Wednesday, October 5th from 1-3 pm in the Auditorium, VA Butler Healthcare will celebrate its second annual **Recovery Recognition Day**, a celebration of the remarkable efforts of Veterans who have overcome mental health problems to lead healthier, happier, and productive lives. Veterans, family members, community members, and VA staff are invited to hear stories of hope and inspiration. **VA Butler is here for you too. Call us at 724.477.5039.**

We want to hear from you!  
Email [amanda.wilczynski@va.gov](mailto:amanda.wilczynski@va.gov)  
or [lauren.heiger@va.gov](mailto:lauren.heiger@va.gov) to share  
your story with us!

## OCT. FLU CLINICS AND HEALTH FAIRS

The single **best** way to protect against the flu is to get vaccinated each year. VA Butler Healthcare is offering flu vaccination clinics to Veterans at the main campus and other community locations this month. For information, call 724.285.2223.

**TUESDAY, OCT. 4 • 7am-12pm**  
VA Butler Healthcare Auditorium  
325 New Castle Road, Butler, PA 16001

**THURSDAY, OCT. 6 • 10am-2pm**  
VFW #2145, 603 Liberty Street  
Clarion, PA 16214

**SATURDAY, OCT. 8 • 9am-3pm**  
*(flu clinic ONLY, no health fair)*  
VA Butler Healthcare Primary Care Clinic  
325 New Castle Road, Butler, PA 16001

**WEDNESDAY, OCT. 12 • 10am-2pm**  
Latin American Club, 1218 3rd Avenue  
Ford City, PA 16226

**FRIDAY, OCT. 14 • 10am-2pm**  
VFW #128, 179 Virginia Avenue  
Rochester, PA 15074

**MONDAY, OCT. 17 • 10am-2pm**  
VFW #519, 220 Blair Street  
Grove City, PA 16127

**WEDNESDAY, OCT. 19 • 10am-2pm**  
Clarion VA Outpatient Clinic  
AC Valley Medical Center  
855 Route 58, Foxburg, PA 16036

**FRIDAY OCT. 21 • 10am-2pm**  
Belmont Complex, 415 Butler Road  
Kittanning, PA 16201

**MONDAY, OCT. 24 • 10am-2pm**  
Cranberry Township Municipal Center  
Council Chambers  
2525 Rochester Road  
Cranberry Township, PA 16066

**WEDNESDAY, OCT. 26 • 10am-2pm**  
Lawrence County Government Center  
Lower Level, 430 Court Street  
New Castle, PA 16101

**SATURDAY, OCT. 29 • 9am-3pm**  
*(flu clinic ONLY, no health fair)*  
VA Butler Healthcare Primary Care Clinic  
325 New Castle Road, Butler, PA 16001

**MONDAY, OCT. 31 • 10am-2pm**  
Allegheny Hills Retirement Residence  
421 Kelly's Way  
East Brady, PA 16028

## OCTOBER IS NATIONAL DENTAL HYGIENE MONTH

*Healthy habits for a healthy smile*



**B**rush your teeth for two minutes at least twice a day! Studies have shown that brushing for two minutes is perhaps the **single most important step** you can take to reduce

plaque build-up and the risk of plaque-associated diseases, such as cavities and gingivitis. To learn more about VA dental care, eligibility status and enrollment, call 724.477.5011.

## EVENTS

- 5 **2nd Annual Recovery Recognition Day**  
Wednesday, Oct. 5 • 1-3 pm  
VA Butler Healthcare Auditorium
- 6 **October Podcast • VA Telehealth**  
Thursday, Oct. 6 • 12-12:30 pm  
Chat link: [talkshoe.com/tc/85029](http://talkshoe.com/tc/85029)  
or Call in: 724.444.7444 (Call ID: 85029)
- 8 **Walk with a Veteran for Cancer Awareness**  
Saturday, Oct. 8 • 1-3 pm  
VA Butler Healthcare Auditorium



325 new castle road · butler pa 16001

800.362.8262  
724.287.4781



[butler.va.gov](http://butler.va.gov)



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